

Away or Toward Meter:
Where am I moving in this moment?



Away from Something Painful

Feels like: escape, closed, rigid, no choice, controlled

Sounds like: "I have to, I must, I can only", "I should"

Driven by: externally driven, pleasing others, perfection, control

Motivated by: feared consequences, relief

Toward Something I Care About

Feels like: approach, open, flexible, choice, free

Sounds like: "I'd find it meaningful to"

Driven by: self-driven, vitality, willingness

Motivated by: possibility, meaning